



4th Battalion 11th Field Artillery Regiment

**Family Readiness Group
Deployment Training
11-12 May**



172d STRYKER Brigade Artillery - Arctic Thunder-On Time!



"We ask a lot of those who wear our uniform. We ask them to leave their loved ones, to travel great distances, to risk injury, even to be prepared to make the ultimate sacrifice of their lives. They are dedicated, they are honorable; they represent the best of our country. And we are grateful."

- Presidential Address to the Nation, October 7, 2001.



Sequence of Events

- Family Care Plans
- Long Range Calendar
- OIF/OEF Lessons Learned
- Deployment Panel Q&A
- Upcoming FRG Deployment Training
- FRG Activities



FAMILY CARE PLANS (FCP)

Army Regulation 600-20
Army Command Policy and
E.O. 9397



Who Needs a FCP?

- By Regulation:
 - A pregnant soldier who has no spouse, is divorced, widowed, or separated, or is residing without her spouse
 - Soldier married to another service member of active duty, reserve or any service (Army, AF, Navy, Marines, or Coast Guard)
 - A Soldier who is divorced and who has liberal or extended visitation rights by court decree which would allow family members to be solely in the soldier's care in excess of 30 consecutive days (such as summer vacation)



Who Needs FCP Con't

- By Regulation:
 - ***A soldier whose spouse is incapable of self-care or otherwise physically, mentally, or emotionally disabled so as to require special care or assistance.
 - A soldier categorized as half of a dual-military couple of the AC or RA of any service who has joint or full custody of one or more family members under age 18 or who has adult family members incapable of self-care regardless of age.



What is a FCP?

- It is a tool to be used when called to duty, exercises, alerts, annual training, TDY, unaccompanied tours, mobilization, deployment, emergencies, leave, other military duty.
- It means that a system is in place if you have to be somewhere un-expectedly for short or long periods of time.



What is in a FCP?

- DA Form 5304 – FCP Counseling Checklist
- DA Form 5305 – FCP
- DA Form 5804 – Certificate of Acceptance as guardian or escort
- DD Form 1172 – Application for ID Card
- DD Form 2558 – Authorization to start and stop allotment
- Power of Attorney
- Letter of Instructions



DA 5304 Counseling Checklist

- Explains why you need a FCP
- Explains the Importance of selecting a reliable, stable guardian and escort
- Provide necessary information
- Financial obligation/support to guardian or escort



DA Form 5305 FCP

- Failure to maintain a Family Care Plan could subject the soldier to separation, administrative action, or disciplinary action under the UCMJ
- States that you need to have a:
 - Power of Attorney
 - DA 5840 Certificate of Acceptance as Guardian
 - DD Form 1172, ID Card request
 - DD Form 2558 authorization to stop, start allotment
 - Letter of Instructions



DA Form 5840 Acceptance as Guardian or Escort

- May have just one (individual will be both short and long term Guardian)
- May have two or three (individual for short term and individual for long term or more for back up)
- May have one for escort
- *Individual that takes the responsibility will need to get document notarized.



DD Form 1172 ID Card Request

- This is in case an ID card is lost or stolen.
- Also in case the ID cards expires due to unexpected length of absence such as deployment was extended or hospital stay



DD Form 2558 Authorization to start, stop or change allotment

- This document is to be completed and submitted to finance as you are leaving
- There are other ways to ensure that financial support is provided such as shared checking account.



Power of Attorney

- If nothing else for **medical and dental**
- Can also be for school interaction
- It is what you want and need to be very cautious about what you are giving them power to do.



Letter of Instruction

- This is where you explain about daycare or school location, hours, teachers, etc
- Note friends and family phone numbers
- Doctors and dentist information
- Allergy or medication information
- Any other important information that you may have.



Think your family situation through.....

- FCP are there for the obvious family dictated by the regulation but what about the other family situations such as:
 - Spouse has asthma, diabetes, seizures, or other medical conditions that are not always present but could incapacitate?



Responsibilities

- Yes it is a Commanders responsibility but.....
- It is the individuals overall responsibility especially if the family life changes, how is the commander to know???
- Must be reviewed annually or as needed



Need Assistance

- Talk with the your chain, especially the Commander
- Call Army Community Service, Family Readiness Center at 353-4331 (they will help with resources such as childcare information)
- Call Felicia Jackson 353-6612



OIF/OEF FRG Lessons Learned



OIF/OEF FRG Lessons

• Learned

Army Times 2 Feb 04

- ✓ Don't pretend that it will be a short deployment
- ✓ Be patient
- ✓ Don't get caught up in all the rumors
- ✓ Don't fall victim to the TV and news flashes
- ✓ The best source of info is the FRG or Rear-D Commander
- ✓ Go to the FRG Meetings (Freq TBD)
- ✓ DON'T pack up and move home – you are out of the loop!
- ✓ Keep your in-laws up to date



OIF/OEF FRG Lessons

- Army Times - Feb 04

Learned

- ✓ Don't expect every soldier to get a mid-tour leave.
 - It will hurt more when he/she leaves a second time
 - Don't plan any major trips. Spend time with each other/family
 - Watch your budget
- ✓ Nothing beats handwritten letters and pictures. Email is good
- ✓ Mail system has been spotty. Try to send 1 - 2 packages a month
- ✓ Phone calls home will be sporadic (2-3 weeks).
 - Don't burden spouse with issues he/she can do nothing about
 - Let soldier talk things out - be a good listener



OIF/OEF FRG Lessons

Learned

- Army Times - 12 Feb 04

- ✓ Personal Comfort Items
 - Neck Scarf/Gator
 - CamelBak
 - Wiley X Goggles/Glasses
 - Sun Screen and Lip Balm
 - Extra Boot laces/insoles
 - Sturdy Shower shoes
 - Spray or Gel Deodorant (melt)
 - Moleskin - corn pads
 - Running shoes/PT gear
 - Spare Name tapes - sewing kit
 - Fly bait, ant/mouse traps, dog flea collars
 - Insect Repellent with DEET
 - Pinch lights
 - Gatorade



OIF/OEF FRG Lessons

• Learned

- ✓ Fidelity Vows - Chaplain Ceremony
- ✓ ERDs have not worked - family members have left and then returned which was a hardship because they cannot get command sponsorship. This means that they will have to pay out of pocket to PCS because technically they are suppose to be somewhere in the lower 48. This also means that they cannot get AER help for immediate family members, and the list goes on. They also lose their network and information or it sometimes delayed.



Reasons to Stay in

AK

- Will not have military network or Family Readiness Groups available
- LES, pay issues, childcare issues, admin issues and related services not avail
- COLA for dependents stops
- Housing is lost as well as command sponsorship
- BAH changes
- TRICARE/Medical may not be covered, increase in medical costs
- AER may not be available (not close to an installation), needed for emergency travel, car breaks down, etc
- Communication – support system here to answer questions
- Notification can take a lot longer
- Access to get ID cards
- Living expenses could increase because you don't have PX or commissary
- No ACS or School Liaison available to help children deal with deployment.
- No FREE deployment related counseling



OIF/OEF FRG Lessons

• Learned Miscellaneous

- ✓ Counseling or talking to someone is always available.
- ✓ Have an AKO account. Communication was sometimes a problem from a military computer to a civilian computer because of security it was denied such as gci, aol, etc that we sometimes experience.
- ✓ Separate checking accounts
- ✓ Have an AKO account.
- ✓ Have Rear D Commander who is trained – CPT Turner



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OIF/OEF FRG Lessons

• Mrs. White Learned

- ✓ Accept your spouse's choice of being in the military
- ✓ Fully support them and be strong for them
- ✓ Learn all you can about the resources around post
- ✓ Don't be afraid to ask for help
- ✓ Accept your fears and work on them
- ✓ Rear-D Commander critical
- ✓ All problems dealt with respect and honesty
- ✓ FRGs critical – don't leave out families due to personalities or conflict – act in Sheppard capacity
- ✓ Account for all families weekly
- ✓ Stay here – resources, support, info and FRG are here
- ✓ Have internet system avail in the Battalion
- ✓ Have a spouse Buddy Team
- ✓ Need lots of folks to CARE – not just a few leaders
- ✓ Stay active – Physically, Mentally, and Spiritually



The Emotional Cycle of Deployment:

A Military Family Perspective

(Hooah4Health/Deployment/Family Matters)

Stage 1. Pre-deployment

- Anticipation of loss vs. denial
- Train-up/long hours away
- Getting affairs in order
- Mental/physical distance
- Arguments
- Time frame: variable



The Emotional Cycle of Deployment:

A Military Family Perspective

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Stage 2. Deployment

- Mixed emotions/relief
- Disoriented/overwhelmed
- Numb, sad, alone
- Sleep difficulty
- Security issues
- Time frame: first month



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A Military Family Perspective

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Stage 3. Sustainment

- New routines established
- New sources of support
- Feel more in control
- Independence
- Confidence ("I can do this")
- Time frame: months two thru five



~~There was a rumor that a commander's wife
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reported that a deployed soldier was having an affair. Members of the FRG, who were very upset, related the details to their deployed spouses. Senior unit leaders decided not to tell the commander because the allegations were deemed too inflammatory. Unfortunately, unit morale and cohesion began to suffer greatly as the rumor spread throughout the ranks. A month later, the commander finally learned of this destructive rumor, which had been undermining his authority to lead. He immediately confronted his wife, senior leaders and the soldier about whom the allegation had been made. Evidence about the validity of these allegations, or how the rumor started in the first place, could not be found. In response, the commander issued a very firm policy regarding exposing all rumors - whether they be true or false. Unit morale and cohesion, although badly bruised,



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Stage 4. Re-deployment

- Anticipation of homecoming
- Excitement
- Apprehension
- Burst of energy/"nesting"
- Difficulty making decisions
- Time frame: up to five thru six months



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Stage 5. Post-deployment

- Honeymoon period
- Loss of independence
- Need for "own" space
- Renegotiating routines
- Reintegrating into family
- Time frame: three to six months after deployment



Negative Changes in Children

	Ages	Behaviors	Moods	Remedy
Infants	< 1 yr	Refuses to eat	Listless	Support for parent, pediatrician
Toddler	1-3 yrs	Cries, tantrums	Irritable, sad	Increased attention, holding, hugs
Preschool	3-6 yrs	Potty accidents, clingy	Irritable, sad	Increased attention, holding, hugs
School Age	6-12 yrs	Whines, body aches	Irritable, sad	Spend time, maintain routines
Teens	12-18 yrs	Isolates, uses drugs	Anger, apathy	Patience, limit-setting, counseling



The Emotional Cycle of Deployment:

A Military Family Perspective

Pitfalls

- Over-interpreting arguments
- Hot topics/long distances
- Rumors/loss of trust
- Investment in date of return
- Not accepting changes in marriage

Helpful Hints

- Establish a base of support
- Make plans to break up time
- E-mail/phone calls/letters
- Avoid overspending/alcohol
- "Single" parents need time without kids



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Coming Home: Communicating With Your Children

*(Slides on Web
Site)*



Next Meeting Dates and

• May 04 **Topics**

- ✓ Family Care Plans
- ✓ FSG Lessons Learned OIF/OEF

• 17-18 May 04

- ✓ Domestic Violence Recovery and 4ID Lessons Learned on Reintegration – Dr Bill LaBauve – River's Edge Resort

• Aug 04

- ✓ Finance (SGLI, other entitlements while deployed)
- ✓ How to read a LES
- ✓ Allotments

• Oct 04

- ✓ Family Emergencies (AER, Red Cross, DEERS, TRICARE etc)

• Jan 05

- ✓ Effects of Deployments on Children

• Feb/Mar 05

- ✓ JRTC Deployment Brief – Commander/1SG Interviews



FRG Events and Activities

- 6 Aug 1200-1900
 - ✓ 2d Annual Arctic Thunder FRG Golf Tournament
- 13 Aug 1030-1600
 - ✓ Molly Pitcher/Organization Day
- 16-18 Aug
 - ✓ Family Readiness Week